

## Parent Information School Age Children

# Vomiting



### Your child has been vomiting.

Exposure to germs, eating too much, or becoming too hot may cause vomiting. It is important to make sure your child does not become dehydrated if he or she is vomiting. Dehydration (a large loss of body fluids) is very harmful to a child.

### Things to do at home:

**Wash your hands!** Hand washing prevents the spread of germs. Wash your hands when working with food or after using the bathroom.

Clean your bathroom and kitchen with disinfectant.

Clean toys your child may have played with.

For the first few hours (about four to six hours) after your child starts vomiting, do not feed your child. You may give your child a few ice chips to suck on every 15 minutes.

If your child does not vomit any more after eating ice chips for about four to six hours, your child can sip 1-2 tablespoons of oral rehydration solution every five to 10 minutes. Some oral rehydration solutions are Ricelyte®, Ceralyte®, and Pedialyte®. Your child may vomit again if he or she drinks too much at once.

Do not give your child liquids such as broth, juice, soda, or sports drinks. They contain too much salt or sugar and can make your child sicker.

If your child has not vomited for six to 12 hours and is feeling better, your child can try eating. Give your child a small amount of food at first. Some good foods to try may be:

- Rice, wheat, and oat cereals
- Plain crackers, bread
- Yogurt
- Vegetables
- Fruits

- Soups made with vegetables and cereals, such as vegetable soup with rice;
- Chicken, boiled or baked, with the skin pulled off

Until your child is well, don't give your child:

- Milk products
- Greasy food, such as hamburgers, french fries, or pizza
- Butter or gravy
- Fruit juice
- High sugar foods or drinks, such as sodas, sweet tea, or sports drinks

Contact your child's health care provider if your child:

- Has a temperature of 101° F or higher by mouth or 100° F or higher under the arm
- May be getting dehydrated (not urinating as much as usual, mouth and eyes look dry)
- Has an earache
- Has a stiff neck
- Has trouble breathing
- Has a seizure
- Becomes unconscious
- Vomits blood
- Has bowel movements that are bloody or black
- Has very bad stomach pain
- Complains that it hurts to urinate
- Does not urinate at least once in eight hours
- Acts like he or she feels very bad

*Brand names used in this document are only meant to be examples. DHEC does not endorse any of the brand names in this document.*

*Exclude students for vomiting two or more times during the previous 24 hours, unless the vomiting is determined to be caused by a noncommunicable condition and the child is not in danger of dehydration.*

*For additional information about exclusion when a child has vomiting or a fever, see the DHEC Child Care and School Exclusion Lists of Contagious or Communicable Diseases at <http://www.scdhec.gov/health/disease/exclusion.htm>*

Child's Name \_\_\_\_\_

School Nurse \_\_\_\_\_

Date \_\_\_\_\_

School \_\_\_\_\_

School Phone Number ( \_\_\_\_\_ ) \_\_\_\_\_



<http://www.scdhec.gov/health/mch/wcs>